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# 2022 Jumping Victoria Youth Squad FORMAT

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**Objectives:** Change the squad system to provide youth development and pathways target appropriate sport development aligned with High Performance and the AIS Foundational Pathways and Coaching Resources.

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JUMPING VICTORIA  
YOUTH SQUAD

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## Executive Summary

The purpose of the Jumping Victoria Squads program restructure is to better align the program with a pathway to high-performance and to encourage development that better aligns with the discipline of Jumping. The recent Pathway to High-Performance project highlighted the need for a more structured pathway for our junior athletes.

The current format of the squad program has been successful up to this point but the impact of COVID related setbacks has led to a major decrease in numbers over the previous 6 months. Before deciding to change aspects of the program, data is needed to confirm decisions are being made in the interest of the participants taking into account. A squad survey was created to seek input from the broader Jumping community of the direction of the program moving into 2022.

The new squad format will follow the similar structure of squads past but with an emphasis on key areas. The new format proposals a change to the squad levels and abandon the current format of Development 1, Development 2, Development 3 & Development 4

The new format has overall development squads where riders are placed with coaches and into groups with other riders of the same ability. This allows all riders to spend multiple years within the development squads before potentially entering into the Rising Star and High Performance Squad if their scores coincide with the criteria. The coaches selected for the development squad section need to be capable of coaching from 80cm-1.15m with riders placed in groups to ensure they are coached at the correct height.

A structured criterion to reach Rising Star and High Performance Squad has been creating and will be enforced ensuring only the best athletes in Jumping can reach these heights. The High Performance Squad will also have rotational coaches in 2022 with some of the best coaches in Victoria attending each weekend.

The development squad groups will also have rotational coaches throughout the year with riders moving between coaches throughout the year. The rider will still have the same coach for a full weekend but might have a different coach the next squad weekend.

The increase in popularity of the Squadettes program has also meant the introduction of a Saturday and Sunday program. Squadettes riders will still only need to attend one day per squad but have the option of attending the Saturday or Sunday.

The new structure will still involve off-horse activities that strengthen the rider's knowledge of key off-horse topics and prepare them for High-Performance. The activities will switch around each squad to allow for riders to gain greater access to the programs.

All rider within the program will need to agree to an athlete's agreement upon registration that outlines their expected behaviour and commitment. This agreement is to be followed by members wanting to be apart of the program each year.

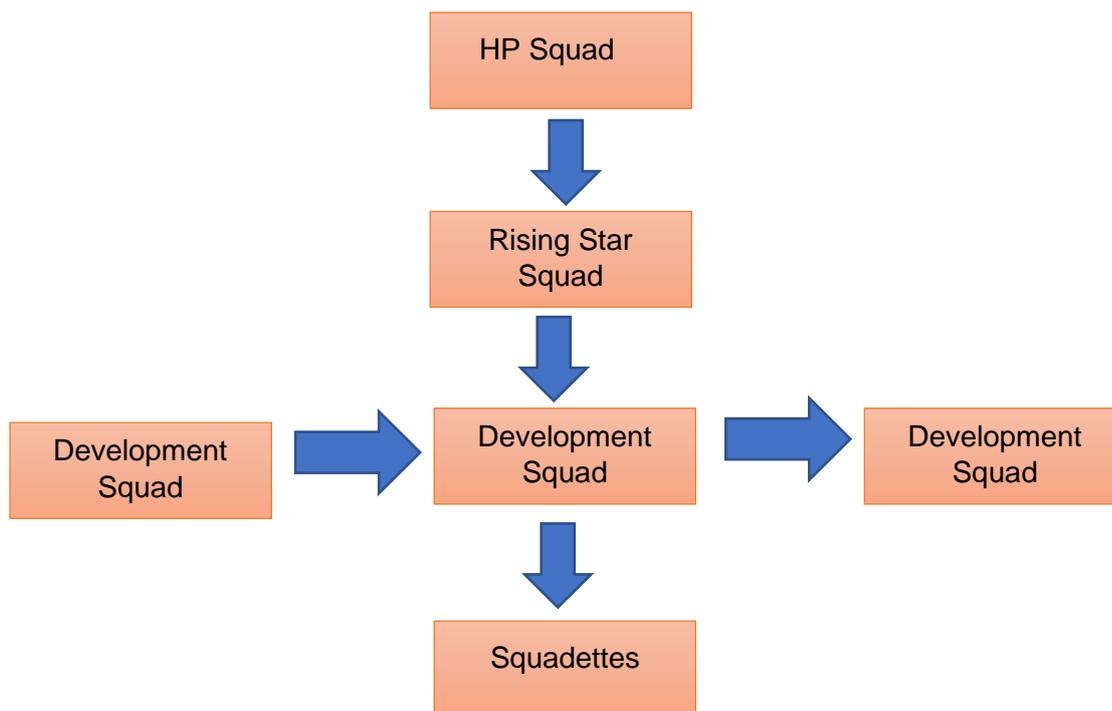
The new format will bring a different cost component with riders now spending less across the year to access the program. Those riders who pay a registration fee at the start of year will get a major discount per squad weekend.

## Introduction

The following document is a new proposal for the Jumping Victoria Squad program incorporating key survey data and an analytical approach to ensure the program caters adequately to our Children, Junior and Young Riders.

Each squad level is provided an overview including the aims and description of each level. The key to this program is the development of riders and new structure helps to align the development with the current pathway to high-performance document create by Equestrian Victoria in conjunction with Jumping Victoria.

The proposed squad format depicted in the graphic below showcases the need to remove unnecessary development squad barriers and allow rider grouping within squads as the main way to ensure riders are developing within the sport. Instead of putting an emphasis on dividing squads into levels, all riders are placed equally with emphasis on grouping riders with other at their level of capability.



This proposal has the squad program running four/five weekends a year with one rotational off-horse activities being conducted at each squad. The reintroduction of the Saturday night dinners will encourage riders to socialise together with a guest speaker being announced each squad weekend.

This document aims to provide a new squad format that can preserve the longevity of the program and ensure we are educating our junior riders adequately to compete at a high level while also allow for a financially viable program.



## Squad Program Overview

It is proposed to introduce a major overhaul of the Children, Junior and Young Rider Jumping Squad program to properly promote and target sport development in our equestrian jumping athletes and coaches.

The squad will provide Jumping Victoria the ability to cater towards our high-performance young rider members. It provides a capability to include the off-horse component of the High Performance Squad in a situation where riders have access to versatile coaching without losing consistency.

### Squad Dates (x4)

- Squads to spread over four/five separate weekends across the year
- Squad dates are expected to be run on weekend where no other events, or one other event is run in Victoria.
- All squads are open to the members with all members expected to attend at least three of the four squads.
- All squads to be conducted in Victoria with Werribee Park National Equestrian Centre being the most used venue

## Pathway Approach

### Foundational Level: Squadettes

- Open to any Equestrian Victoria Member 12 years or under.
- Two sections under squadettes:
  - 45cm – 60cm
  - 60cm – 80cm
- One day Saturday Session 4 times a year.
- One day Sunday Session 4 times a year
- Max 6 per group.

### Format Outline:

- Group Jumping Flat Session AM
- All stop for Lunch (sit down altogether lunch)
- Group Jumping Session PM

### *User pays*



### **Foundational Level: Development Squads**

- Open to any Equestrian Victoria Member 12 years or over.
  - Riders under the age of 12 looking to be included in the development squads will need to fill out an additional age exception form which will require them to include performance result qualifications.
  - The Development squads are separated by coaches.
  - Children 12-14 years of age
  - Junior 12-18 years of age
  - Young Rider 16-21 years of age
- 4 x Weekend Squads
- Max 5 per group.

#### Weekend Format Outline:

##### *Saturday*

- 2 x Group On-Horse Coaching
- Saturday night dinner/social activity.

##### *Sunday*

- 1 x On-Horse Coaching.
- 1 x Group Off Horse Session.

***User pays***

### **Talent Level: Rising Star Squad**

- Open to Children, Junior and Young Rider Equestrian Victoria Members competing between 1.10m-1.25m performance qualifications at a team selection level.
- 4 Squads
- Only those that meet criteria will be excepted.
- Specific criteria to reach Rising Star Squad.

#### Weekend Format Outline:

##### *Saturday*

- 2 x group On-Horse Coaching.
- Saturday night dinner/social activity.

##### *Sunday*

- 1 x On-Horse Coaching.
- 1 X Off Horse Education

Second horse, if timetables allows full price.



### **Talent Level: High Performance Squad**

- Open to Children, Junior and Young Rider Equestrian Victoria Members who meet the criteria outlined in this document below.
- Individual Performance Planned Focused
- 4 Squads
- Specific criteria to reach High Performance Squad.
- Rotational coaches

### Weekend Format Outline:

#### *Saturday*

- 2 x group On-Horse Coaching
- Saturday night dinner/social activity.

#### *Sunday*

- 1 x On-Horse Coaching.
- 1 X Off Horse Education

Second horse, if timetables allows full price.

## Squadettes Overview

Our Squadettes program was first initiated in 2016 is for Equestrian Victoria members 12 years and under. It is designed towards our junior grass-roots riders who are looking for a bit of fun and a pathway into jumping.

The program is generally held on one day with the main aim of being a fun experience focusing on friendship building and introducing the basic fundamental skills for jumping. Our squadettes are taught by quality EA accredited coaches with a passion for introductory jumping techniques.

The training weekends also incorporate introductory equine educational sessions tailored to the squadettes including horse care, how to walk your course, general jumping rules and parts of the horse.

The squadettes have a great social and jumping community spirit for riders and their families.

### **SQUADETTE AIMS**

- Introduction to riding development skills for jumping.
- Introduction to jumping rules and etiquette.
- Horse welfare and care.
- Riders to join into the jumping community making friends with fellow riders and their families.

### Squadettes On-Horse Focus Aims

- Flat work (introduction to poles and grids, getting the right canter lead, how to ride a circle, taking short turns and proper use of the arena on course).
- Riding position – correct bad habits
- Jumping Etiquette (pretending to visit the judge, practicing waiting for the bell etc)
- Riding a walked course (afternoon session – tied into off- horse how to walk a course).
- How to warm up/cool down a horse

## Development Squad Overview

Our Talent Development Squad program is for Equestrian Victoria members 21 years and under. It is targeted towards our junior and young rider members who are looking for a pathway into High Performance.

The foundational development squad program is split into different squads with different coaches across the weekends. Riders get to participate in a series of sports development riding lessons with high quality EA accredited coaches, development educational sessions with guest speakers, sports psychology group sessions, physical fitness/strengthening sessions and social sportsmanship activities.

Riders that register for each squad will be placed in a group with other riders of the same ability and development level and will be coached by one of the available coaches that weekend. The riders will be told which coaches are available that weekend before they register for the squad.

The development squad program doesn't just focus on the rider's development on and off the horse but also focuses on community spirit and friendship building.

The program is designed to cater for riders competing at EA events, interschools and PCV level competitions 80cm – 1.15m, who are building experience towards major jumping competitions (e.g. interschool state and nationals, Australian Jumping Championships etc). Riders may possibly be receiving regular coaching, however are less likely to receive coaching support at events.

Riders that participate in our squad program have a history of reaching National, International and Olympic level competitions. It is a great pathway to progress into competing at major state and national jumping competitions.

### OVERALL DEVELOPMENT SQUAD AIMS

- Development of jumping skills.
- Consolidate competition confidence (e.g. warm up approaches, techniques with course walking and course analysis etc).
- Education of jumping etiquette, rules and standards.
- Increase knowledge of horse management in relation to horse care, nutrition, fitness and overall wellbeing of the competition horse.
- Expand jumping connections and strengthen friendships.
- Development of rider physical fitness/strength techniques for equine competition.
- Goal setting for competition and development with coaches.

**PLEASE NOTE:** These aims are to be used when coaches are developing their lesson plans to ensure they are coaching to the appropriate skill set and working towards developing and improving the riders.



## Development On-Horse Focus Aims

**Aim Theme:** Solidifying fundamental of jumping skills and introduction to getting competition ready.

- Re-visiting correct Warm Up approaches at competitions.
- Introduction to course analysis (from the course designers perspective tie in with theory).
- Fundamentals of flat work.
  - Getting the correct canter leads
  - Making transitions smoother
  - Incorporating poles into their flat work exercises
  - Starting to work with stride adjustments
  - Introduction to grid training.
- Introduction to technical lines/jumps.
  - How to ride coming on to a double from different jumps and angles/
  - Introduction to Jump Off Turns
  - Riding related lines
  - Approaching planks and triple bars etc
- Introduction into preparation of horses coming into the competition season.
  - Making sure they are not always jumping but using flat in their training
- Jumping etiquette, rules and standards – quiz them while they are riding on different rules about jumping classes, and judges etiquettes etc.
- Gate behaviour at a competition – following the draw, when to go into the warm up, avoid difficult horses. Understanding you may have to go early in certain situations etc.
- Riding positions, don't critique a particular style of riding but their a fundamental skills that still need correction, eyes up, heels down, keeping legs on etc.
- Preparation of horses coming into the competition season.
  - Ensuring riders know how to properly train and get their horse fit before going to a competition.



## Rising Star Squad Overview

Our Rising star squad is a middle level squad for riders who possess a high level of riding ability and are nearly ready to take the next step to enter state teams or have constantly competed at a high level without reaching the necessary criteria for High Performance Squad.

The Rising Star Squad Program focuses more on individual rider success with a series of sports development riding lessons with high quality EA accredited coach, 1 on 2/3 and group sports. This squad will have a more personalised program compared to the Development Squad and have less members in each group. The squad will be capped at those reaching the criteria and will be a smaller group.

The program is designed to cater for riders competing at EA events, level competitions at or above 1.15m in height without reaching High Performance Squad criteria, who have received positive results at major jumping competitions (e.g. state and national Interschool, Victorian Jumping Championships, Australian Jumping Championships etc). Riders may possibly be receiving regular coaching, however, are less likely to receive coaching support at events.

Riders that participate in our squad program have a history of reaching National, International and Olympic level competitions. It is a great pathway to progress into competing at major state and national jumping competitions.

- Development of jumping skills.

### Rising Star Squad Aims

- Increase knowledge of horse management in relation to horse care, nutrition, fitness and overall wellbeing of the competition horse.
- Expand jumping connections and strengthen friendships.
- Development of rider physical fitness/strength techniques for equine competition.
- Goal setting for competition and development with coaches.
- Improve the preparation and management of horses at major competitions.
- Enhancement of event psychology for elite riders.
- Encourage leadership in jumping as ambassadors of the sport to younger riders.

**Aim Theme:** Solidifying fundamental of jumping skills and introduction to getting competition ready.

- Jumping etiquette, rules and standards – quiz them while they are riding on different rules about jumping classes, and judges etiquettes etc.
- Gate behaviour at a competition – following the draw, when to go into the warm up, avoid difficult horses. Understanding you may have to go early in certain situations etc.
- Riding positions, don't critique a particular style of riding but their a fundamental skills that still need correction, eyes up, heels down, keeping legs on etc.
- Preparation of horses coming into the competition season.
  - Ensuring riders know how to properly train and get their horse fit before going to a competition.
- Preparation of horses at major competitions.
- Fundamentals of flat work (inc grids, poles etc) for jumping focus.
- Course analysis.
- Technical lines
- Professionalism, communication and organisation.
- Self-awareness and reflection on riding behaviour.



## High Performance Squad Overview

Our High Performance Squad program is for Equestrian Victoria members 21 years and under who are considered to be the best performing Victorian combinations with Children's, Junior and Young Rider at time of selection. It has a higher focus on High Performance.

The High Performance Squad Program focuses more on individual rider success with a series of sports development riding lessons with high quality EA accredited coach, 1 on 1/2 and group sports psychology sessions, physical fitness/strengthening and nutritional planning, equine analysis, rider and equine individual performance plans, educational sessions with guest speakers and social sportsmanship activities.

The program is designed to cater for riders competing regularly at major jumping competitions across state and national level shows who have likely already established regular instruction and often having event support from their own coach. Riders may be likely to be managing two or more horses at competition or young horse level.

Riders will be allocated depending on their level such as Children's, Junior or Young Rider and be placed in groups among the same level. The coaching selection for the High Performance Squad would consist of a rotational coach who attends one session per year. The High Performance Squad would then have the option of learning from four different elite coaches as the year progresses.

### **OVERALL HIGH PERFORMANCE SQUAD AIMS**

- Facilitate state representation at major national events.
- Improve the preparation and management of horses at major competitions.
- Enhancement of event psychology for elite riders.
- Encourage leadership in jumping as ambassadors of the sport to younger riders.
- Develop physical fitness/strength techniques for equine competitions.
- Teaching approach for borrowed horse competitions.

### High Performance Squad Aims

- Enhancement and development of riding skills.
- Strategic decision making on course.
- Competition and Season planning.
- Competition review and analysis.
- Teaching approach for borrowed horses.
- Preparation of horses at major competitions.
- Fundamentals of flat work (inc grids, poles etc) for jumping focus.
- Course analysis.
- Technical lines
- Professionalism, communication and organisation.
- Self-awareness and reflection on riding behaviour.



## Criteria for All Squads

Performance Level	Skill Requirement 1	Skill Requirement 2 (If numbers require)	EA Membership Level
<b>Performance Level – High Performance Squad</b>	<p>Children: 3 clear rounds in classes at or above 1.15m in height over the previous 24 months</p> <p>Junior: 3 clear rounds in classes at or above 1.20m in height over the previous 24 months</p> <p>Young Rider: 3 clear rounds in classes at or above 1.25m in height over the previous 24 months</p>	<p>Children: Top 5 placing in an open class at or above 1.10m in height over the past 24 months.</p> <p>Junior: Top 5 placing in an open class at or above 1.15m in height over the past 24 months.</p> <p>Young Rider: Top 5 placing in an open class at or above 1.20m in height over the previous 24 months</p>	Competitor Member
<b>Performance Level – Rising Star</b>	5 clear rounds in classes at or above 1.15m in height over the previous 24 months	Top 10 placing in an open class at or above 1.15m in height over the past 24 months	Competitor Member
<b>Performance Level – Development Squads</b>	Competed in 3 classes at or above 80cm in height over the previous 12 months (Exception can apply)		Participant Member
<b>Performance Level – Squadettes</b>	Open to all riders 12 years and under		Participant Member



## Off Horse Activities

### **ROTATIONAL OFF-HORSE EDUCATIONAL/THEORY SEMINARS DEVELOPMENT SQUADS (These are examples and sessions may vary)**

- Veterinary Education
- Course Builders Guide
- Competition analysis
- Sporting/Equine Career Opportunities
- Psychology Sessions
- Horse Feed Information
- Personal Fitness Classes
- How to be a Jumping Judge
- Social Media Responsibility

One off-horse activity will be set each squad with riders required to attend, the session will be promoted prior to registrations opening.

#### **Veterinary Education**

Hear from prominent vets specialising in horse care to present information on how to best care for your horse. The vet will discuss how to best prepare your horse for a competition and the best post competition care.

#### **Course Builders guide**

Hear from a respected Jumping course designer who will give their perspective on what goes into designing a course for Jumping. This will provide the riders and parents/guardians an insight into how courses are designed and the theories behind certain jump placements. This will provide the riders with a deeper understanding of the process involved and encourage riders to potentially pursue being an official within the sport.

#### **Competition Analysis**

Current and former high-level riders will discuss how they prepare for competitions and how they approach a session. This will include setting goals and objectives for competitions and working through how to achieve this. Sessions on how to support your child or dependant as they progress through the high-performance pathway will also be available.

#### **Sporting/Equine Career Opportunities**

Hear from Marcus Oldham colleges on career opportunities within the Equine industry and how riders can pursue this. We will also hear from Federation University on their renowned Sports Management Course and how to start a career in the sporting industry.

### **Psychology Sessions**

Renowned Psychologist Christopher Shen will be returning to run his sessions specialising in mental health and resilience. Mr Shen will discuss with athletes the importance of resilience and setting goals for reaching your potential.

### **Horse Feed Information**

We will hear from prominent horse feed companies on the best products available for your horse and the best prices. The company will explain key feed information to care for your horse.

### **How to be a Jumping Judge**

A current Jumping official will attend the quad to discuss their role as a judge and what they look for in the ring. The judge will discuss the importance of respecting warm-up arenas and give an insight on how they prepare for their job.

### **Social Media Responsibility Lessons**

The increased use of social media has led to future athletes needing to be educated on what is right and wrong to post an online forum. We will have Show Pony Graphics attend and discuss the impacts of negative social media posting on an athlete's career and protecting your self-image online. The speaker will also discuss how to best promote yourself to potential sponsor as you progress through your career.

### [Saturday Night Dinners](#)

All riders will receive free dinner with their weekend or Saturday entry to encourage riders and families to get together on Saturday night and socialise. Family members can purchase dinner tickets through Trybooking for an agreed upon price prior to the squad dinner. Jumping Victoria will organise a guest speaker each squad who will talk through particular topics relevant to the riders and their families. All coaches and facilitators get a free meal.

#### Meal Options

- Pizza/Garlic Bread and drinks
- Subway rolls/sandwiches and drinks
- BBQ dinner
- Catered meal
- Food van hire

### [Saturday Night Activities](#)

Saturday night activities will return for 2022 with some exciting new features to include guest speakers, a treasure hunt and trivia night

## Coaching Selection

### High Performance Squad Coaches

- Brook Dobbin
- Frida Lindgren
- Paul Brent
- Phillip Lever

### Advanced Squad Coach

- Adam Prime

### Development Squad Coaches

- Cindy Morrison
- Jervaise Prime
- Tonya Holdsworth-Rose

### Squadettes Coach

- Alysha Harlen

The High Performance Squad will have a different rotational coaching system, each squad weekend will have a different elite level coach who can teach the members a different variety of coaching and education. The ability for coaches to only commit to one or two training weekends a year should appeal to elite level coaches.

The coach selected for the Rising star squad will stay in that position for the year across the four squad weekends.

The three coaches selected for the Development squads will be allocated riders from the various heights within development squad for each individual weekend. The riders won't necessarily get the same coach across each session, opening the rider up to a variety of different coaching styles.

The coach selected for the Squadettes will stay in that position for the year across the four squad weekends.

***Coaches need to be EA accredited and must be able to provide coaching insurance.***



## Pricing and budget

The squad program will have a different pricing set up this year with a larger registration fee for riders wanting to join the program. All riders will pay a registration fee of \$100 which includes entry into the program and the option of attending up to five squad weekends throughout the year.

Along with the increased registration fee, riders will now pay less per squad than previous years with the total cost per squad weekend at \$160! This cost covers the for three training sessions and one off-horse activity across the weekend. Riders will also receive free dinner and entry to the Saturday night activities.

## New pricing set-up

**Registration Fee:** \$100 (Including GST)

**High Performance Squad –** \$160 (Including GST and Facility Fee)

**Development & Rising Star Squad –** \$160 (including GST and Facility Fee).

**Non-Registered Squad Members Entry -** \$210 (including GST and Facility Fee). (Must still be a current EA member)

**Squadettes –** \$100 (including GST and Facility Fee).

**Saturday Night Dinner –** User pay system between \$10 - \$30 (inc GST) depending on food provided. (Riders are free and don't need a ticket)

**Camping -** Camping and stabling booking to be done directly with the venue at venue prices.

## Squad weekends per year

January 18 <sup>th</sup> – 19 <sup>th</sup>	April 20 <sup>th</sup> - 21 <sup>st</sup>	May 14 <sup>th</sup> & 15 <sup>th</sup>	August 13th & 14th	October 22 <sup>ND</sup> & 23RD (TBC)
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## Werribee Park Pricing

Powered Camping - \$24 per night

Unpowered Camping - \$15 per night

Stable (barn) - \$40 per night

Stable (all other stable blocks) - \$35 per night

Stable cleaning - \$30 per stable

Facility fee - \$16 per horse/per day (collected by the event organiser)

Bedding - \$12.50 per bale (they can bring their own shavings)